

## Gardening

### Plan a New Entry **NEW!**

Do your front entry plantings look tired or overgrown? Take a look at some new, fresh front entries, discuss plant choices, and talk about maintenance. For the last 1/2 hour of class design the entry. Bring with you a drawing of the outline of the front of your house and the area you want to plan.

*PlantPicks will email a PDF to participants of plants pictures and names that are discussed in class.*

*Instructor: Nancy Tom, Environmental Horticulturist, PlantPicks • Location: PKCC • Resident \$16 / Non-Res \$18*

Sat	10–11:30am	Apr 2	48167
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### Small Trees for Small Spaces

**NEW!** Housing lots have gotten smaller—but everyone still wants trees. The question is which trees are best to plant? Learn about the new, smaller cultivars that are scaled for smaller spaces.

*PlantPicks will email a PDF to participants of plants pictures and names that are discussed in class.*

*Location: PKCC • Instructor: Nancy Tom, Environmental Horticulturist, PlantPicks • Resident \$16 / Non-Res \$18*

Sat	10–11am	Apr 9	48168
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### Planning Your Vegetable Garden **NEW!**

Do you want fresh vegetables this summer but don't know where to start? Here's your chance to learn everything you need to know about planting your own vegetable garden including planning the garden, which vegetables to plant, starting the seeds, and how to do the planting. The main focus will be on raised beds and include planting in containers.

*PlantPicks will email a PDF to participants of plants pictures and names that are discussed in class.*

*Location: PKCC • Instructor: Nancy Tom, Environmental Horticulturist, PlantPicks • Resident \$16 / Non-Res \$18*

Sat	10–11am	Apr 16	48133
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### The Low-Water Garden **NEW!**

Did you know it's predicted to be another dry summer? Come learn how to get your landscape through it and how to plan for the future.

*PlantPicks will email a PDF to participants of plants pictures and names that are discussed in class.*

*Location: PKCC • Instructor: Nancy Tom, Environmental Horticulturist, PlantPicks • Resident \$16 / Non-Res \$18*

Sat	10–11am	May 14	48169
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## Computer Classes

*Class participants should bring their own laptop or iPad, some PC's are available but no Mac computers are available at PKCC.*

### Android Workshop

Want to learn more about your tablet or smart phone? Thinking about buying a tablet because you are having trouble seeing information on your smart phone? Join us for this workshop as we explore everything about Android and give you an opportunity to ask questions. You may bring your Android tablet or smart phone, but it is not required to attend.

*Location: PKCC • Instructor: Sally Ann Mowrey • 4 classes Resident \$35 / Non-Resident \$42*

Fri	1:30–3pm	Apr 8–29	48062
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### Windows 10 Workshop

Do you need help with Microsoft's Windows 10 Operating System? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your Windows 10 device (laptop, tablet, or cell phone), but it is not required to attend.

*Location: PKCC • Instructor: Sally Ann Mowrey • 4 classes Resident \$35 / Non-Resident \$42*

Fri	1:30–3pm	May 6–27	48063
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### One-on-One Computer Assistance

Baffled by your software program? Uncomfortable asking questions in class? Can't figure out that new digital camera? Need to create a customized database or query? Enjoy one-on-one tutoring with Sally Ann Mowrey! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

*Resident \$35 / Non-Resident \$42*

*Advanced registration required, call 425.587.3360*

## Arts & Crafts

### Watercolor Painting

Whether you are a beginner or advanced painter, you will enjoy learning techniques for a successful painting. Jean demonstrates every step and provides individual assistance to all. Working from photo references provided by instructor, you will paint still life, florals, landscapes/seascapes, animals and more.

*Supply list available at PKCC • Instructor: Jean Pratt Beouy Location: PKCC • 8 classes • No class 7/4 Resident \$130 / Non-Resident \$156*

Mon	6–9pm	Apr 4–May 23	48032
Mon	6–9pm	June 6–Aug 1	48033

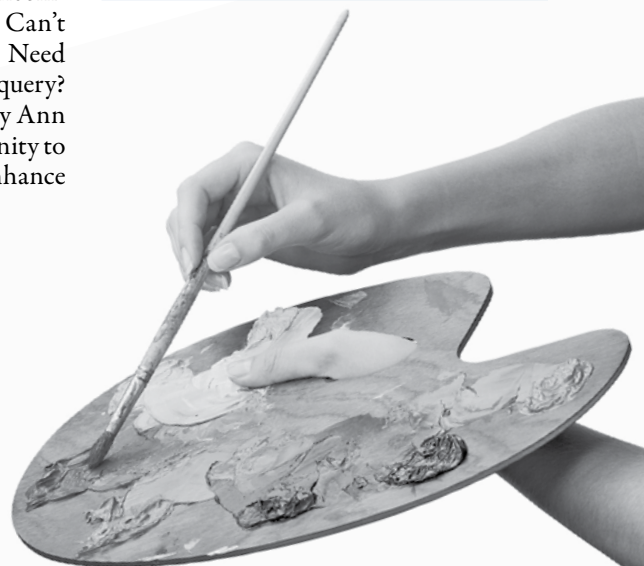
### Oil Painting the Easy Way **NEW DAY**

Paint along as Jean demonstrates the entire painting and provides individual assistance. Your own style will emerge as you paint many subjects from still life to landscapes to florals. You will quickly learn composition, color mixing, brush use, establishing depth and more. This class offers something for all levels.

*Supply list available at PKCC • Instructor: Jean Pratt Beouy Location: PKCC • 8 classes • Resident \$130 / Non-Res \$156*

Wed	5:30–8:30pm	May 4–June 22	48034
Wed	5:30–8:30pm	June 29–Aug 17	48035

For day time art classes see page 69



## Parenting

### Parenting Preschoolers 3–5

How to Listen (even when your child doesn't talk) **NEW!**

This workshop will teach parents of preschoolers (ages 3-5) the different ways in which we listen to children, and how you can encourage your children to be more forthcoming about their thoughts and feelings at this early age. We'll also talk about the developmental facts, what should you expect at this age and how to self-care as a parent. If you are a parent of a preschooler who does not share about this/her school life and you want to bond better with them, then this workshop is for you!

Instructor: Spomenka Vitman, MA, LMHC Vitman Counseling, LLC • Location: NKCC  
Resident \$25 / Non-Resident \$35

Sat 9–10:30am May 14 48158

### Parenting Grade-schoolers 6–10

Help Your Child Thrive **NEW!**

Parenting a 6–10 year old is a bit like being in a maze. This workshop teaches participants parenting skills in the areas of understanding children, how to help children learn and thrive, effective discipline and personal stress management. As parents learn how to better understand, guide, nurture, and motivate their children, they will become more effective, relaxed and happier. If you want to learn how to help your kid be confident, respectful and flourishing then this workshop is for you!

Instructor: Spomenka Vitman, MA, LMHC Vitman Counseling, LLC • Location: NKCC  
Resident \$25 / Non-Resident \$35

Sat 9–10:30am Apr 9 48159



### Parenting Tweens and Teens

Building a New Relationship with Your Child **NEW!**

What's a parent to do when their 10-to-14 year old gets an attitude, disrespects family values, rolls their eyes, and slams doors? This workshop provides an outline of scientific facts about changes that happen during adolescence. Further, it will look at preventative as well as proactive techniques for making adolescence a more enjoyable time for parents and the most prosperous for teenagers alike. Participants will understand the scientific reasons that changed adolescents' behavior and will learn practical relationship-building skills that will encourage positive communication with their children age 9 and older. If you want your relationship with your child back, or if you want to prevent your child from "becoming a stranger" when he or she becomes an adolescent, then this workshop is for you!

Instructor: Spomenka Vitman, MA, LMHC Vitman Counseling, LLC • Location: NKCC  
Resident \$25 / Non-Resident \$35

Sat 10:45am–12:15pm Apr 9 48160

### Parenting Adolescents

How to Find Balance & Stay Present **NEW!**

This workshop teaches parents how to instill in their teens the confidence, attitudes and skills that will enable them to bounce back from whatever life throws at them. Parents who don't want endless fights and arguments, but are looking to enjoy their children's teenage years, attending this workshop will learn how to reduce and manage conflict in the home while spending more enjoyable time with their teenager. If you are, or are soon to be, a parent of teenagers this workshop is designed specifically for you!

Instructor: Spomenka Vitman, MA, LMHC Vitman Counseling, LLC • Location: NKCC  
Resident \$25 / Non-Resident \$35

Sat 10:45am–12:15pm May 14 48161

### Family Values **NEW!**

Teach Your Kids to Embrace Them

This workshop will focus on the practical ways parents can build a foundation of trust and lay down the groundwork for good values. By attending this workshop you will learn how to effectively communicate with your children and teach them important family values. Parents will come away with actual skills that will help them keep their kids on the right track throughout their lives. This workshop is designed for parents of toddlers through teens. If you want to preserve your family values and to teach them to your kids so they embrace them for life then this workshop is for you!

Instructor: Spomenka Vitman, MA, LMHC Vitman Counseling, LLC • Location: NKCC  
Resident \$25 / Non-Resident \$35

Thur 6–7:30pm May 19 48162

*"It's not what you do for your children,  
but what you have taught them to  
do for themselves that will make  
them successful human beings."*

*— Ann Landers*

## Real Estate

### Reverse Mortgage

Are you at least 62 years old and have equity in your house? If the answer is yes you may be qualified to stay in your home for your lifetime-without ever having another mortgage payment. Learn about the HECM Reverse Programs now available. Participate in this Reverse Mortgage roundtable workshop and gather the information needed to make you feel comfortable and confident with a decision based on your personal scenario.

*Instructor: Kim Prater • Location: PKCC*  
*Resident \$10 / Non-Resident \$12*

Wed	6-7pm	July 13	48134
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### Home Sellers Workshop

Learn how to get top dollar for your home. Topics include pricing, marketing, For Sale By Owner (pros and cons), costs involved including commissions, taxes, title and escrow.

*Instructor: Kim Prater • Location: PKCC*  
*Resident \$10 / Non-Resident \$12*

Mon	7-9pm	June 27	48137
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### Home Buyers Workshop

Whether you're a First Time Home Buyer, upgrading or looking for an Investment, it's important to learn the market. Come get all of your questions answered and learn the ropes of purchasing. This class is facilitated by both a Mortgage and a Real Estate professional that has been through all aspects of Home Buying with their clients and themselves. Find out why home inspection, appraisals and home owner insurance is important. Discuss what the Title and Escrow process is. Turning your dreams into reality is just a class away. Learn how to make intelligent choices in budgeting for a home and determine how much you qualify for.

*Instructor: Kim Prater • Location: PKCC*  
*Resident \$10 / Non-Resident \$12*

Mon	7-9pm	Apr 11	48135
Mon	7-9pm	Aug 8	48136



## Money Management

### Master Money Management, Really!

Do you struggle with keeping on top of your bills and account balances? Have trouble building savings? Don't feel financially self-confident? In this class you will learn how to start tracking and organizing your money and paperwork right away, to build the skills and awareness you need to truly be in control of your finances. It's possible to go from money overwhelm to money mastery! The instructor is a certified Financial Recovery Counselor, as well as a therapist and ADHD/Executive Skills coach.

*Instructor: Cynthia Seager • Location: PKCC*  
*Resident \$10 / Non-Resident \$12*

Sat	9:30-11:30am	Apr 2	48682
Mon	6:30-8:30pm	July 18	48683

## Self Defense

### Women's Self Defense @ NKCC

Ever have an encounter that makes the hair on the back of your neck stand up? Learn the 3 most crucial self-defense lessons: recognizing when someone's planning an assault, how to use body language and your voice to interrupt an intended assault, and simple, effective physical skills to disable an attacker. In a single session you'll learn about real risks, assailant tricks, crucial targets, how to create an impact, and releases from the most common grabs. A great class to take with a friend!

*Bring a light lunch or snack, and a water bottle*  
*Instructor: Joann Factor • Location: NKCC*  
*Resident \$114 / Non-Resident \$137*

Sat	11am-4pm	Apr 23	48639
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## Music

### Beginning Guitar Turbo Charged!

#### Ages 15 to Adult

This fast-paced course covers all the basics—from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 15 years old at the start of class.

*Student must provide their own instrument*

*Instructor: Scott Lawson • Location: NKCC • 8 weeks*  
*No class 5/30 & 7/4 • Resident \$98 / Non-Resident \$118*

Mon	6:30-7:30pm	Apr 11-June 6	48603
Mon	6:30-7:30pm	June 20-Aug 15	48604

### Guitar Song Workshop **NEW!**

#### Ages 12 to Adult

A great sequel for those who have taken the TURBO CHARGED GUITAR class with a focus on songs. Or for intermediate players who know basic major and minor chords, and maybe even starting to get into barre chords. Learn how to learn and practice your favorite songs using basic techniques. Acoustic and Electric.

*Instructor: Scott Lawson • Location: NKCC • 8 weeks*  
*No class 5/30 & 7/4 • Resident \$98 / Non-Resident \$118*

Mon	5:15-6:15pm	Apr 11-June 6	48605
Mon	5:15-6:15pm	June 20-Aug 15	48606



## Health

### Mindfulness for Balanced Life **NEW!**

Mindfulness is an integrative, mind-body approach to life that helps people relate effectively to their experiences. It involves paying attention to thoughts, feelings and body sensations in a way that can increase the awareness, help managing difficult experiences, and create space for healthier choices. Mindfulness can help reduce stress and improve functioning in every segment of life (education, the workplace and at home) and help anyone live a happier, healthier, more engaged and balanced life.

*Instructor: Spomenka Vitman, MA LMHCA • Location: PKCC*  
8 classes • Resident \$40 / Non-Resident \$48

Tue	6–7:30pm	Apr 12–May 31	47389
Fri	10:30am–12pm	June 3–July 22	47390

### Be Thinner, Healthier & Happier by Balancing Your Brain Type

This class will cover lifestyle, diet and exercise tips that help your brain type work better, so your life works better too. Learn specific strategies for balancing mood, improving your focus, losing weight and increasing your energy, all based on your brain type. Know your brain type: Amen Brain typing questionnaire will be provided during class. This class material is based on Dr. Daniel Amen's, "Change your brain, change your body" weight management and health improvement program. This introductory class lets you discover your brain type and gives an overview of Dr. Amen's brain-balancing concepts.

*The instructor is a therapist and ADHD/Executive skills coach who was a staff therapist, coach and educator for the PNW Amen Clinic for over 5 years.*

*Instructor: Cynthia Seager • Location: PKCC*  
Resident \$17 / Non-Resident \$20

Sat	9:30–11:30am	June 18	48678
Mon	6:30–8:30pm	Aug 15	48679



### Adult & Child First Aid/CPR/AED

#### Age 14 to Adult

The Adult and Child First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

*Text Books and Pocket Masks included in fee • Registration closes 1 week prior to start of program • 6-hour course*  
• Location: PKCC • Resident \$90 / Non-Resident \$108

Sat	9am–3pm	May 14	47961
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### Effective Stress Management: Even in Uncertain Times

Are you feeling chronically worried, tense or stressed out? Have life setbacks been wearing you down? No matter what your situation, it IS possible to reclaim greater energy, mental clarity and peace of mind. You'll learn brain & body-based stress busters that really work: tools for derailing stress, anxiety and physical tension. You'll also learn how to replace negative thoughts with more constructive ones that free up your energy and creative resources. Hand-outs provided. The instructor is a therapist and life skills coach who brings a broad range of tips & tricks for managing stress and anxiety.

*Instructor: Cynthia Seager • Location: PKCC*  
Resident \$17 / Non-Resident \$20

Mon	6:30–8:30pm	June 27	48680
Sat	9:30–11:30am	July 16	48681

## Language

### French For Adults

#### Ages 18 to adult

Guided by a native speaker, become comfortable navigating through basic daily interactions and conversations in French... Get exposed to French culture, basic grammar and vocabulary, and be ready for your next trip to France.

*Instructor: Frederique Battestini of Polly-Glots*  
Location: NKCC

**Spring 9 weeks • No class 5/28**  
Resident \$151 / Non-Resident \$181

Sat	11am–12pm	Apr 16–June 18	48659
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**Summer 6 weeks • Resident \$101 / Non-Resident \$121**

Sat	11am–12pm	July 9–Aug 13	48660
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## Voice Overs

### Now is your time!

YOU'VE HEARD LISA FOSTER ON TV AND RADIO COMMERCIALS! Now hear Lisa LIVE as she illustrates how YOU could actually begin using your speaking voice for commercials, films, and videos! Most people go about it the wrong way. Lisa will show you a unique, outside the box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer that you've been looking for!

*Lisa Foster's voice can be heard on commercials and narrations for such clients as: Crest Toothpaste, Olay, Café Appassionato, LA Weight Loss, Advanced Laser Clinics and Sleep Train*

Location: NKCC • Resident \$37 / Non-Resident \$44

Thur	7–9pm	May 12	48658
Thur	7–9pm	July 7	48851